

FIREFIT ENDURANCE PROGRAM

Once a week, FireFit will provide a pretty intense - usually quite long - endurance workout for those of you interested in adding in some additional training on the rower, bike, or running - to increase your aerobic capacity. Some of you will do them because you truly enjoy these type of workouts. Others may feel they need to add longer aerobic type of workouts in because it's a weakness.

Either way, adding these in 1 - 3 days a week is a great compliment to your training and will help you build stamina and endurance which is crucial to us as Firefighters.

For these sessions you may want to mix and match modalities. You can sometimes run, sometimes row. Or sometimes row, sometimes bike - for example. BUT - mix which sessions you are using which modality.

For example if you want to combine Run or Row.

Week 1 : Session 1- Run, Session 2- Row, Session 3- Run.

Week 2 would then be: Session 1- Row, Session 2- Run, Session 3- Row.

You may also choose to do the same modality for the whole thing. No problem in that at all. Just keep in mind soreness and any overuse.
SCALE IF NEEDED!

START BY DOING ONLY 1/2 OF THE WORKOUT AND BUILD UP OVER TIME IF NECESSARY!
DO NOT DO THESE WORKOUTS ON BACK TO BACK DAYS IF POSSIBLE.

Ideally you will separate them on like a M, W, F/S schedule or T, Th, S/S. Allow your body to recover! Please contact your trainers with any questions.

Before you get started, we recommend testing the following before and after this focused 5 weeks if you want measurable results:

Run: 400 meters, 1 mile run, or 5K

Row: 500 meters, 2K, or 5K

Bike: 30 Cal, 100 Cal, or 20 minute max Cals

(You can choose any OR all of these)

ENDURANCE 7/26/2020

****You should have at least 1 day between run sessions.**

Run Version

3 Rounds:

Run 400 Meters for Time

Immediately into 5 Min Slow Pace Run/Jog

Score is added up 3 x 400 Meter Times

No rest between rounds.

Goal for this is to teach us how to recover while still moving after a near maximal effort.

You must NOT walk during the 5 min slow run/jog portions.

As soon as you hit the 5 min mark for those, take a second to reset your clock and go for the next round!

If possible, just go right into it without stopping at all.

Run Version (No Distance)

3 Rounds:

Run 90 Seconds HARD

Immediately into 5 Min Slow Pace Run/Jog

No rest between rounds.

Goal for this is to teach us how to recover while still moving after a near maximal effort.

You must NOT walk during the 5 min slow run/jog portions.

As soon as you hit the 5 min mark for those, take a second to reset your clock and go for the next round!

If possible, just go right into it without stopping at all.

Row Version

3 Rounds:

500 Meter Row for Time

Immediately into 5 Min Slow Pace Row

No Rest Between Rounds.

Goal for this is to teach us how to recover while still moving after a near maximal effort.

You must NOT stop during the 5 min slow row portions.

As soon as you hit the 5 min mark for those, take a second to reset your clock and go for the next round!

If possible, just go right into it without stopping at all.

Bike Version

3 Rounds:

Bike 50/35 Calories

5 Min Slower Pace Bike

Score is 3 x 50/35 Cal Times

50 Cal for Men

35 Cal for Women

No Rest between rounds.

Goal for this is to teach us how to recover while still moving after a near maximal effort.

You must NOT stop during the 5 min slow portions.

As soon as you hit the 5 min mark for those, take a second to reset your clock and go for the next round!

If possible, just go right into it without stopping at all.